

## **7 A's of Confession**

(from *The Peacemaker* by Ken Sande)

1. A\_\_\_\_\_ everyone involved (All those whom you affected)
2. A\_\_\_\_\_ if, but, and maybe (Do not try to excuse your wrongs)
3. A\_\_\_\_\_ specifically (Both attitudes and actions)
4. A\_\_\_\_\_ the hurt (Express sorrow for hurting someone)
5. A\_\_\_\_\_ the consequences (Such as making restitution)
6. A\_\_\_\_\_ your behavior (Change your attitudes and actions)
7. A\_\_\_\_\_ for forgiveness See Matthew 7:3-5; Remember: this is about serving other not making yourself feel better.

## **RETURN TO ME**

Psalms 51; 1 John 1:8-10

## **Return to God**

22 "Return, faithless people; I will cure you of backsliding."

"Yes, we will come to you, for you are the Lord our God.

23 Surely the idolatrous commotion on the hills and mountains is a deception; surely in the Lord our God is the salvation of Israel.

- Jeremiah 3:22-23

16 He will bring back many of the people of Israel to the Lord their God.

Luke 1:16

## **Behavioral change**

6 "Therefore say to the people of Israel, 'This is what the Sovereign Lord says: Repent! Turn from your idols and renounce all your detestable practices!

Ezekiel 14:6

8 Produce fruit in keeping with repentance.

- Luke 3:8a

## **Internal orientation**

12 "Even now," declares the Lord, "return to me with all your heart, with fasting and weeping and mourning."

13 Rend your heart and not your garments. Return to the Lord your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity.

Joel 2:13-13

8 Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. 9 Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. 10 Humble yourselves before the Lord, and he will lift you up.

James 4:8-10

## **Verbal confession**

9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 10 If we claim we have not sinned, we make him out to be a liar and his word is not in us.

1 John 1:9-10